

# Children and Their Medicines



- ◆ Always keep all medicine and food supplements out of children's reach. Some supplements, such as iron, are toxic to children.
- ◆ Use child-resistant caps, and never leave the containers uncapped.
- ◆ Examine dosage cups carefully. Cups may be marked with various measurement units and may not use standard abbreviations. Follow label directions. Never substitute a cup from another product.
- ◆ When using a dosing syringe with a cap, discard the cap before use.
- ◆ Never guess when converting measuring units—from teaspoons or tablespoons to ounces, for example. Your pharmacist is a good source for help with conversions.

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- ◆ Never try to remember the dose used during previous illnesses; read the label each time.
- ◆ Always check with the healthcare provider (e.g., doctor, registered nurse, nurse practitioner, physician assistant or pharmacist) before giving a child more than one medicine at a time.
- ◆ Never give medicine to children unless it is recommended for them by a health-care provider.
- ◆ Never use medicine for purposes not mentioned on the label, unless so directed by a healthcare provider.
- ◆ Check with the healthcare provider before giving a child aspirin products. Never give aspirin to a child or teenager who has or is recovering from chickenpox, flu symptoms (nausea, vomiting or fever), or flu. Aspirin use may be associated in young patients with an increased risk of Reye's syndrome, a rare but serious illness.

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&  
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TALK TO  
YOUR  
PHARMACIST!

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